
Wrap-Up Call with Irene:

Irene:

Welcome everyone, it's the wrap-up call for those on the recording. I'll date this. It is May 23rd. It's the year 2023. We are currently on planet Earth, and learning.

Kind of feels funny when you say that? Hey, we're all on planet Earth. But it's true. At least I am right now.

All right, so the question I posed in the chat was A, how is everyone doing today on this wrap-up? And also, what is one word, one word, not even a hyphenated word, not a sentence. What is one word to describe your experience with SBSM and what you have been learning? Let us know. So I'm going to read some of them. Because there'll be people that can't see these chat pieces.

Kind, pace, permission, curiosity, blissful. Authenticity, awareness, lifeline, patience, transformational, safety, bewildering, that's a good one. Embodied, space. Transformational, life-changing, freedom. I'll hyphenate this one. Slow-down. Slow-hyphen-down.

Patience, curiosity. Respect. Amazing. Awareness, titration, releasing, differentiation. Got all these new words. Who would've used that word, differentiation before this process? Anybody? Different words. Deepening. Pause. Profound, scary, enlightened, self-love, improvement, grateful, capacity. Humanist.

So yeah. Inherently, what this work is about is becoming more human. I'll let that, I see some nods. If you agree with that, what you have felt in the last 12 weeks, and I understand there's some people who've been here for a little longer than that.

This is something that I hear a lot, I feel more human. Which is the strangest thing to present when we technically all know that we are human. So why might that be? And I think it's because we are juggling two forces inside of us.

One is this human, or I should say one is this animal physiology, right? These survival impulses and responses that really aren't ever mentioned ever, for the most part. So we're juggling that in this modern world that doesn't really allow for those things. I'll keep it really simple.

Hence, and this is my theory why there is so much struggle, and suffering, and all the things that happen in our world that we know just shouldn't occur. It's because of survival stress. It's because of trapped trauma. One will not pollute anything, or harm anyone, if they are embodied, empathetic, feeling, living, breathing humans. It is almost impossible.

The only instance where that might occur is if your life was on the line, and you were being threatened to do something that you don't want to do. And then survival takes over, and then you do terrible things. It's kind of a morose way to start this call, I know, but that might be that one exception.

I'm sure there's a few more exceptions. But we have this human thing, this biology thing, and then this higher brain thing that is so, so, so complex and so powerful. And it does not fully thrive when our biology is in survival.

It works pretty good. Because look at this, we're all here. I know most of us have come here because you know you've had survival stress stored up, and traumas. And yet here you are, you've still made it. You own a computer, or a phone. You probably, hopefully live in some form of home. You might have food in your fridge. All these things that are really basic, and most of the population on the earth do not have.

And so, despite all of the traumas and dysregulation, just take a second to actually take stock of how you have come through your world and your life, despite the old stuff. You're still here, you're still keen to learn. And that's so important.

So before we dive into a little basic guided neurosensory exercise that I will guide, and I hope all of you will participate in, just sort of metaphorically sit back, or maybe literally sit back. Kind of let this idea sink in.

Perhaps you've already thought about this, perhaps you're starting to see. Is anybody here finding they have more compassion for others, for situations, for the stupidities that we might

witness? It's not always easy. But when you have this lens and understand it, everything makes sense.

And then with that, it can be really frustrating. Because you want everyone to now know this little secret. And I'll say this, don't make that your job unless you really want that to be your job. So some of you here are already in the healing worlds, and in the therapeutic worlds, the teaching world, the medical world.

But I will say that one way to do this work, or to do this work doesn't mean you have to be in it helping others service to others. You can still work with yourself, and do a really good job doing something else. Being a chef, being a teacher, being an accountant, all the things. Being a trades worker, whatever it might be. But still be in your body, regulated and connecting with the people around you in a way that makes a huge difference.

So I wanted to start with that. Because it can feel overwhelming also. So there can be this relief, and this compassion, but then there's this overwhelm of, we can't get this out fast enough.

So trust me when I say I've been in this for a while, and you have to, every now and again, titrate yourself back a little and focus on you. Focus on having some fun. Watch a funny movie, be silly. Do something that has nothing to do with the nervous system.

Obviously your nervous system is with you, so you can't get rid of it. But patience is very important. Being calculated. Doing this in increments is very important. Because when you let go of that stronghold and that tension to try to figure this out and do it faster, it'll push back. You can only go as fast as you can go.

But stay the course. It can be really tempting, and this is for the newbies here. For those who have been here a while, there's a reason why you keep coming back. Can't get rid of you. You keep coming back, and that's fine.

But for those new here, if you haven't had that miraculous shift that you've seen some of our students have, because I've interviewed them, your time will come. But you just have to be patient. You just have to wait, and keep doing the work, and also titrating the work with other parts of your life.

So with that said, take a second to bring yourself into your own guided neurosensory exercise. So this is your pop quiz. It's time for the pop quiz, the experiential pop quiz.

What does that mean? It means, allow yourself to just tune into some of the basics. And I can't say it more simply than that. Tune into some of the basics. Give yourself a moment to feel the ground. As I orient, I hear a weed whacker outside, so I'm going to go shut my door and come back.

So carry on with your basic neurosensory exercises as I close my window and door, just a sec.

I hope he's weed whacking with awareness.

So what are you noticing? What would be the first element of some of our practice that comes in? And that's more of a rhetorical question, just ask yourself that question. Is it this? Is it this? Is it this? Is it impulses? Is it posture? Is it the floor under you? Is it orienting? Do you notice something in your gut? Do you notice something in your kidneys? Your heart space? Do you have an impulse to move a little bit, to bring your eyes away from the computer? If you can, take a moment to just tune into the moment, not the future, not the past.

I'll cover some housekeeping stuff for all of you to know about future SBSM things. So just really be in the present moment with this biological attunement. How is your mouth? How is your tongue in your mouth? Is there something that you're holding in your jaw or in your face? Is there an energy or an emotion or a tension that is a residue from something else? How is your potent posture? Such a simple, short exercise that we did so long ago, but it provides a lot of information.

We're not aware of where our body mass is in relationship to gravity in the ground. We could spend an entire life not knowing that we are overly tense in one part of our body, that we're constantly working hard to keep ourselves from falling to the ground. So how can you maneuver and move to feel in the position you're in now, a little more ease, so that there's more space for your breath, there's more space for your eyes to be free to look and see. If you're really hunched over or really too far back or in some position that is compromising, your eyes don't have freedom, your head doesn't have freedom, your senses aren't as free as they could be to take in the environment either for exploring or for knowing if there is a threat.

Appreciate your brain, that part of the central nervous system that is responsible for so much. And also appreciate your spinal cord that sends the nerve impulses so that you can shift your body weight, that you can sense yourself in relationship to the floor. Appreciate your bones, your skeleton. Appreciate your muscles that allow your bones to move, the tendons that keep your bones together, all the joints in the body that twist and turn and bend and extend and flex so that you can shift your body in different positions, so that you can turn to look, to look down, to look up, allows you to carry things. Appreciate your lungs, that whole chest area where your lungs are, your breath. Feel your breath. Bring it into your awareness. And just back to that simple capacity to feel your body against the surface you're on and really let gravity take your system in. Let it sync. Have your eyes been opened? Have they been closed? What feels best right now? Have you considered that?

Are you aware of your gut, your viscera, all the organs that perhaps you've never paid attention to in quite the way you did when you got into some of these lessons? Perhaps your gut has been something that has been an irritation, or maybe it's something that you've never felt, it can go both ways. So can you just say hello to your gut, to your organs, give them a little nod. Tip your hat to them energetically. Is your gut a little happier, a little more at ease because you've been paying more attention to your survival physiology, and you're not putting it into survival mode as much. I'm not saying perfect, but as much.

So everything that I'm guiding you through right now, I don't have a list, I'm not looking at a list, I'm just moving through my own body and noticing what comes to my attention, and then I'm offering that to you. There's no masterminding or reasoning behind it. So I say that because one can get stuck trying to perfect being embodied. Don't do that. There's no way to perfect other than to just let go of some of the control and just listen. And if there's a survival response that's like, "Darn it, you got to stand up and stomp your feet," then that's the impulse. This is why we teach and go into following your biological impulses very, very early on in the curriculum. Sometimes it's not the right time to be a little more still and notice these things.

So I encourage everyone to use the exercises in the course and do them again and again and again. I know some of my students who are wanting to do more training with me, more advanced professional training, some of them are here, I saw some of their faces and names. They can attest that in 12 weeks of working, we always went back to the basics. That was their homework. Every single week in every single group, orienting, following impulse, potent

posture, noticing breath, resourcing, connecting with the ground. If you can master that this year, for those of you that are new, you are doing light years ahead of most.

And it's not a competition against other humans, but you're just in a state of more awareness with your physiology in a way that is calculated and conscious, as opposed to just following what a leader or a teacher does and mimicking. And I don't want you to mimic. I want you to live this in your body and then as that happens, you can live this when you're out doing your life. It's not useful to just perfect this in the comfort of your own home. You want to walk out your door and, "I can hear the birds." "Oh, it's a little colder. I better bring another coat today," or whatever. We want this to integrate. And that would be, I would say another key word is integration.

So speaking of integration, soon, this week, there will be a post-SBSM tab on the program site, on the left-hand side will magically appear. It's possible it's there already. I'm not sure. So it's either there now or it will be there soon. And there are reminders in there for continuing to practice. Now, you might not even need to look at that because you're just cool going through lab one again, or listening to the training calls for the first time, or checking out some of Seth's Q&A calls or doing some of Elia's lessons or whatever it might be. But on that tab, there will be some suggestions for how to continue and how to integrate. So that's important, but go when it feels right. There's a few added neurosensory exercises there that are fresh, that are brand new, not brand new now, but they're new to you, that we put in after we do the 12 weeks. For those of you that haven't gone through the 21-day nervous system tuneup, which is sort of our little starter course, there's a little thing that you click for those that haven't gone through that. It's yours to go through.

Most of the content is in Smart Body, Smart Mind, but there's actually some content now on the 21 days that is not. So that's a nice way, maybe the next couple of months, in a few months to just press go. Basically, if you sign up, you get an email every 21 days and prompts to go through the program. Again, not mandatory, but it's there. If you are feeling like you need a little extra support, it's always recommended if it's possible. And if your resources allow you to do some work one-on-one with a practitioner who is trained, whom you have a good connection with, we have a video that I've done and it's linked into those posts SBSM areas on how to find a good somatic practitioner. Because just because someone has gone through, say, the SE training or the Feldenkrais training or they're even a therapist, does not necessarily mean that they will be the right fit for you or even good. I'm going to be just really honest.

It comes down to how well that person has regulated and worked on their own body. You want to feel that they are also working on their somatic system. And I outlined that also in that post SBSM tab. All of you're welcome to come back again. So how we run is we're going to run again in September, and the registration date, if you know people who might want to join, is September 12th through the 19th. And the proper course will start on September 24th with Lab one. So everyone here, you're, you're going to get an email. So everybody put their hands up, and repeat after me. I will check my emails and I won't delete them because that is how we communicate with you to tell you we're about to run again. Would you like to join? Just click this link and you'll be put into our system to go through SBSM 14.0 in September.

You get all the emails, you're invited to all the calls, the Q&A calls, the training calls, and then you move through at your pace in the way you might want to. So that's how that works. I'll be doing the training calls live. Seth will continue to do the Q&A calls live. Everything is recorded, as you all know. So that's happening in September, which is perfect because it gives you a few months to fly off on your own, which is so important. I know a lot of people have said they're going to miss the calls and you need to walk on your own a little bit. You don't want to become dependent on us. It's a good resource. You've got the recordings, you have the audios. If you feel like you need that connection, go back to the recordings. Cannot recommend that enough. Continue to watch my weekly videos, all those things.

If you have any questions, email us, support at irenelyon.com. Any email that you get from us, if you just reply to that, it will go to our support team. One more piece on that and then I'll answer a quick pop up piece that came into the chat. As much as I love, love it, when people connect with me on social media, don't do that because I probably won't see it and I can't keep up with the DMs. Feel free to tag us, share the stuff, but if I don't re-share, it's not because I don't want to, there's too much that's coming through now, we'd be on our phones all day long. So if you do have a question, if you have a question about a lab, if you have a question about something, email us. That is the best way to get a hold of the team or bring anything to our attention, that kind of thing.

All of the recordings stay live. And so you'll have access to back recordings come September. The comments, so as you know, if you've asked questions on the forum, there's comments and answers. All of that will stay alive until about two weeks before we start the next round. And then we wipe the slate clean and we start fresh. So if you know there's an answer that a

moderator offered you that you keep going back to because it's of a resource or something like that, now is your time to copy and paste those if you want to save them for yourself. That's completely fine. So that's what will happen. But again, we'll email you weeks before that occurs. Just don't leave it to the last minute.

I think that's everything. There's one more piece. Oh yes, moderation. Moderation will continue until the 17th of June. 17th of June, which is a Saturday. And yeah, someone's like, you can download everything. That's the other thing. If you haven't tried that, it works. You can download the transcripts, you can download the slides from videos, you can download the audio from our calls. You can save it on your... Whatever. Whatever it is for you to use and have them without needing to go into the site. You will not be able to save all the material though on your computer. That will crash it. So get a stick or a hard drive if you want to keep the stuff safe and secure and be able to access it when you're not connected to the internet, which I recommend.

And that is everything. Good? And if for some reason I have not mentioned something or you have a question about something, again, go back to support and send us an email. Yeah, a stick. You know when you put a thing in a computer and it holds memory, it's like these little sticks or a hard drive, a USB stick, a memory stick. Yeah, I've got a hard drive here, so little things like that that you can store stuff on because you can't put this all on an iPhone or a computer. All calls will still be on Tuesdays. My calls, same time, same place. Seth calls will be on Thursdays and they'll alternate between 10:00 AM and 3:00 PM Pacific. Everything really does stay the same. We keep things very routine, no surprises. Keep it simple. So with that said, come on back to your body. Hopefully you didn't leave it, but if you did while I was more cognitive, come on back.

And just reconnect to some of these basics that we were connecting with 10 or so minutes ago. And just consider where your system is now. What you notice in your system now, and can you time travel back to a year ago or even 12 weeks ago? Really imagine and put yourself back into where you were in your system. It could be 12 weeks ago, it could be 12 months ago. And what is different? How are you different? How are you sensing differently? It's important to take note of even the littlest, tiniest bits of progress and regulation, and then leapfrog into another 12 weeks or into another 12 months. You choose the timeline. Just give yourself an intention. What is your intention for the future? It could be incremental and small or it could be vast and big. How would you like to put your intention out into the

future from a biological neurosensory body-based way? What's your intention for how you wish to continue and show up for yourself and show up for your healing and your learning? Take a moment to really pop into that recognizing that we're going to get thrown off, right? I want to be really clear.

This isn't about being in a perfect Buddhist state and never being triggered or activated or irritated with something. Watch that because what can happen is we might get irritated or activated or, heck, we might have a trauma. Accidents happen, but it's how you relate to that activation and that thing. That's the difference. I want to make sure that you're not thinking that you're looking for some form of perfection. We can say that enlightenment in this work is knowing when your system is off and then bringing it back to more resources, more regulation, more connection, more breath.

It's not about perfection. We are all flawed in some ways in how we relate because of our conditioning. It's important to see that intention as big and beautiful, but also realizing being thrown off is not a bad thing. It's how you bring yourself back to that present moment with these concepts, with this biology in mind, et cetera. Then, just tune into again, to this present moment, where you are now. Just reflect on the past just in a fleeting way and then feel into that future and that intention. Then, connect to the group that's here.

For those that are listening to the recording, there's about 200 folks on the call. For those here that don't know that, there's about 200 folks on the call. Just imagine a room of 200 people. It's a big room, and know that you're not the only one doing this work. There are others with you doing this work. You may never meet them and that is okay. Just know that you're not the only one trying to figure this out. You're not the only one battling the past and looking ahead to the future with this intention of I hope more regulation and more capacity.

Remember bigger swimming pools, less balls in the pool. Feel that energy, that field of those who are here. There's thousands of people who have gone through this work over the years. People have paved the way. People have struggled and wondered, "Is this working?" Then, it usually does. Remember again that there's you, but then there's this collective of people who are also doing this work. With that said, keep remembering where you came from, but don't dwell on it.

Appreciate it. Appreciate the moment, the current moment, and look forward to the future in a way that's easy and doesn't cause more stress. There's nothing worse than putting ourselves into more survival stress as we think about what we want for our bodies and our minds and our lives. Really watch if there's a tendency to jump ahead and worry about that future. Have intentions for the future, but don't worry about it as much as you can.

I want to thank obviously all of you, alum, newbies, and I want to thank my team. Obviously, you get to know the moderators who are here with their faces, Bonnie who is often here who's one of my main assistants. Obviously, you know Seth. I want to thank Seth for having to put up with me and live with me and do these calls, and all the people on the backend that you may never ever know, like the person that fixes the website when things crash.

He's up at 11:00 PM doing those things, the people who make our things look pretty on this site and the people that edit my videos and all the things that go on that most of you never see. There's no need for you to know all those people, but just know that it isn't just me and the moderators. It's a very large team of over 30 people that are in some way, shape, or form making this as smooth as we can. We will be sending you a survey. I know surveys aren't fun, but for those who are new here and would like to give us some input, and it can be anonymous, please do.

We will ask you about your interaction with the moderators, your interaction with the course site, all of the elements. Please take some time when you have space to offer that feedback and you're not rushed. That'd be lovely and we always like to hear your stories. We'll also offer another opportunity to hear a story if you have something that you would really like to share with others because you think that might help someone else out there who is struggling with a similar situation, circumstance.

We always love to hear stories, but also there's no obligation. You can go off into the sunset and be well and figure things out and that's cool too. There's no need to share. We're going to cut it for today. Know that this isn't the end. This is the beginning. For many of you, it really is the beginning. Go slow. Be gentle with yourself, but also in a healthy way nudge yourself to keep going forward. We don't want to get stuck in not progressing, but even if that progression is a tiny little morsel, that's great.

Thank you everyone for your attention and your interest in this work. Keep working on being a human. It's a good thing to be. We have a lot of amazing power in our bodies and abilities to create and do really cool things. I hope that is what all of you want in your lifetime here, to have fun and not always be in survival stress. Keep working on it. Thanks, Jen, for hanging out today and we will see you all in September if you choose to come, no obligation, only if you want to. Everybody much love, be well. Keep practicing. Keep learning.